

North Carolina Family

Lives on Soy Bean Diet

It used to be that a self-respecting cow wouldn't eat the lowly soy bean unless it was exceedingly hungry. But today this once-detestable food is being made to perform a variety of dietetic functions at the home of Jay N. Judd of Asheville, N. C.

Judd is a farmer. He also is one of the growing battalion of men who have taken upon themselves the job of preaching this gospel: "The soy bean is the greatest health food on earth. Eat it." And Judd practices what he preaches.

In some form, soy bean is the base—and often an embellishment—of three meals a day seven days a week in the Judd household.

He's manufacturing about two dozen different products from the peanut-sized bean, and that's just a beginning of what he hopes to do. Judd says there's a "gold mine" for the South in this crop if the people can be convinced that the bean is good. Extensive consumption of the bean, he asserted, has greatly improved his health.

There was an old automobile parked out in the garage that I didn't have any use for. So I rigged it up with a mill I'd bought and started feeding this contraption with soy beans I'd bought from farmers.

Since that time, hundreds of bushels of soy beans have passed through the mill making the flour from which a strange assortment of foods is derived.

"There's soy bean milk, for instance," Judd said. "Not only does it look like cow's milk, but it actually curdles when it gets a few days old. From this milk my wife makes cottage cheese, butter and several other things."

"Then there's soy bean oil. We use that for making mayonnaise, seasoning cakes, flavoring salads and ordinary cooking purposes."

"As a matter of fact, you can almost eat 'soy bean' to everything we eat."

Lad Awarded Six Cents

After "loss" of tonsils Edmund Skorski of Graham, N. Y., 11 years old, received six cents because a physician removed his tonsils instead of stitches from a lacerated hand. A Supreme court jury awarded the damages after about an hour's deliberation.

Testimony showed the youth entered the Graham hospital about 10 days after cutting his hand. He had been told by his physician to return for removal of stitches. His older brother, Henry, about 23, misanthropic, however, when a nurse asked if Edmund was "one of the doctor's knucklecases" and replied in the affirmative.

Edmund was then put under an anesthetic and his tonsils were removed. The physician, who had several other tonsil operations on his schedule that day, did not recognize the boy. He said the tonsils were diseased and that the operation was beneficial rather than harmful.

Fresh Stencils Important

A merchant employing a stencil duplicator to print his advertising letters and circulars is frequently asked how he repeatedly obtains such clear and uniform copies. In explanation he emphasizes the use of fresh stencils. Typing or tracing cannot be done effectively on an old stencil because the waxlike composition of the stencil has become too dry and tough. If stencils are used only occasionally, so that it is impossible to keep a fresh supply at hand, he advises keeping the unused stencils on a shelf in the cellar or basement where humidity and temperature are usually much more uniform than on the upper floors of a store or office building. If this method is impossible the package of stencils should be kept in an airtight box.

Closet Lights Prove Helpful

Proper lighting for the closets in a home is a necessity often overlooked but one which can prove a bothersome nuisance. Solution to the problem is a single one through selection from many available methods. A ceiling light in a closet may have a pull chain or wall switch. This light may be forgotten, however, and burn for hours. A switch outside the closet door may be equipped with a pilot light which glows red when the light in the closet is on. Another satisfactory method is installation of a door switch which automatically turns the light in the closet off when the door is closed. A light which burns for a stated time and then automatically turns off is still another satisfactory method of closet lighting.

New Bathroom Accessories

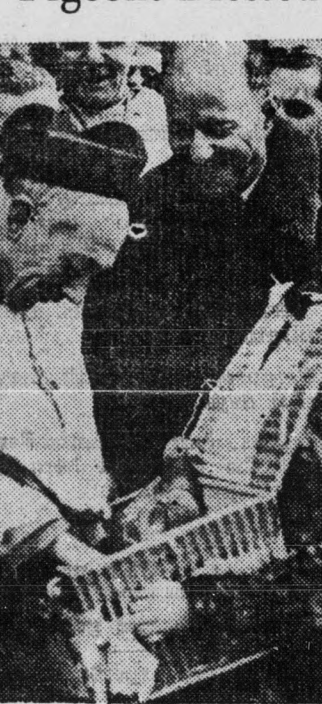
For years china dominated the bathroom scene, but recently bathroom accessories have appeared in metal, plastic and glass to challenge china's monopoly. Towel bars, soap dishes and other accessories now add color and life to the bathroom, as the choice of materials has widened to fit every requirement and color. Old bathrooms may be modernized and brought up to date with these new fixtures and accessories. Not only is new beauty introduced through striking color accents, but utility is heightened in modern bathroom accessories. Many of the new models are of unbreakable and nonshattering materials.

Colonists Off to Seek Utopia in Caribbean Sea



En route to East Caicos, a 125,000-acre island at the southeastern end of the Bahamas, this small group recently arrived in Cutler, Fla., from Pasadena, Calif. They hope to establish a perfect community on the uninhabited island, which is a 100-mile voyage from Miami. Standing, left to right: Dawn Irvine, Mrs. A. E. Lawrence and Jane Irvine. Seated, left to right: Helene Irvine, Mrs. Richard C. Irvine, Mrs. A. L. Lornstein and Mrs. James Lake. Mrs. Lake owns the island where the colonists will attempt building their Utopia.

Pigeons Blessed



Hu excellency, Monsignor Cardinal Schuster, archbishop of Milan, Italy, blesses the pigeons launched on the feast of St. Anthony. Only unhappy spectator is the little Italian girl who is holding the basket and whose view is obliterated by the cover.

Milwaukee's Blind Bowlers

The Friday night scene at a Milwaukee bowling alley differs little from the ordinary night in this center of the top sport, but the bowlers are blind. Each man steps sure to the racks, balances a ball carefully to see he has right angle, steps into position, strides forward and shoots the ball down the alley.

Then the visitors notice there's no cheering for a strike until an attendant calls out: "A strike, Jim!" Or perhaps the leader gets a bad split, and when the numbers of the pins left standing are called there's a sympathetic moan. Bowling and other sports are helping to rebuild the confidence of the 25 members of the Milwaukee Athletic Club for the Blind. The night that Walter Wenzel bowled a 207 game, for instance, marked another triumph and gave his sightless comrades a new goal. Bowling, swimming and gymnastics are their favorite sports, but the members also have tried golf and a modified form of baseball.

Internal Combustion Idea

Traced to 15th Century The idea of the automobile dates back to the Fifteenth century. The scientists in Leonardo da Vinci's time did not visualize the streamlined vehicle of today, but they toyed with the idea of mixing air and fuel, igniting the mixture in an engine and using the power for driving machinery.

There were all kinds of ancient ideas about the internal combustion engine, says the American Petroleum Institute. In the Seventeenth century a Dutch scientist, Christian Huyghens, proposed to manufacture a "gunpowder engine." It was not so good, but it renewed interest in the possibilities of the internal combustion engine.

In the Eighteenth century people were agog over an engine which would run on coal. It was built by John Barber, an Englishman. Designs were made, but development was expedited and the internal combustion engine manufacturing industry really was born. There were "double-acting" engines which used the crankshaft, connecting rods and piston assembly about the same as they are used in the modern internal combustion engine.

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Russia looks for boom in trade with Germany.

Old Book of Recipes

Rated as "Best-Seller" A book of recipes published by one Dr. A. W. Chase of Ann Arbor, Mich., in 1886 and still appearing in several editions is one of the most popular books ever written in the United States.

Dr. Chase was a grocer and druggist in Ann Arbor until he was 38, when he took the medical course. Upon graduation, he prepared a little pamphlet of a few pages giving recipes gathered in his varied experience, touching on such things as the cure of pleurisy, preservation of oides, and storage of butter.

By 1893 his work was in its tenth edition and he already had sold 25,000 copies. His printing plant had grown into a three-story structure and his opus had become "Dr. Chase's Recipes or Information for Everybody—An Invaluable Collection of About 800 Practical Recipes."

By this time Dr. Chase had departments of his book devoted to saloonkeepers, tanners, blacksmiths, shoemakers, cabinetmakers, barbers, bakers, jewelers, farmers, gunsmiths, painters—about any trade you could imagine.

He was giving authoritative information on everything from computing interest to how to spot counterfeits.

Sale was entirely by agents. University students by the score made college expenses by spreading Dr. Chase's work throughout the land. But they ran into one serious art—prospective customers argued the book couldn't be reliable as it contained "too much for any one man to know." That made it necessary for the doctor to explain how he gathered his material.

But that didn't prevent the sale of the book from growing. By the seventies it was a home had but two books, it was no job at all to name them—the Bible and Dr. Chase's Recipes.

Japanese Memorial to Premier Tokyo, Japan, will preserve the residence of Korekiji Takahashi, once premier and many times finance minister, as a memorial park. Soon after the financial statesman was murdered by soldiers in the outbreak of February 26, 1936, his son gave the residence to the city. The house was moved to Yama cemetery. Takahashi had a three-story warehouse on the property. In it he stored images of Buddha, picture scrolls, Chinese art and many books in English. The warehouse will be made into a memorial hall.

French sending guns to Finland. Congress voted down proposal to heavily fortify Guam. Reds penetrate into Finn defense fortification system. Attend church each Sunday. Appomattox merchants will gladly handle your country produce. Phone 30 with Personals.

Stonewall News

Stonewall, Feb. 21. Miss Jennings of Richmond, spent week-end with her parents, Mrs. G. P. Jennings. Miss Christine Caldwell spent last week in Lynchburg. Royal Harding, of Lynchburg, spent the week-end at his home. Miss Louisa Turner, of Stone, spent the week-end with her parents, Mr. and Mrs. C. M. Turner. Miss Mary Davidson, of Stone, spent the week-end at home here.

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For Sale By Lester B. Harvey Appomattox, Virginia

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Pamplin

Pamplin, Feb. 20. Miss Southall and Margaret Allen, McNelly spent Sunday in Farmville with Mrs. L. M. Southall.

Mrs. C. C. Rower and her niece, Mrs. R. K. Gladstone. Miss Rebecca George, of Hills was a recent visitor to Helen Davis.

Mrs. J. A. Neal and son, of Farmville spent Sunday in Farmville with Mrs. L. M. Southall.

The regular meeting of the S. was held Tuesday, February 20.

Mrs. Mary River Black visited Miss Jeanne Francis G. Allen, McNelly spent Sunday in Farmville with Mrs. L. M. Southall.

Mrs. H. M. Robinson, day with her brother, O. Robinson, painters—about any trade you could imagine.

A. R. Southall and King Hill Jr. were in Lynchburg, Va. Miss Carrie Pankey spent the week-end at the home of Mrs. Rives Black.

Mr. and Mrs. J. W. R. of Christiansburg, spent the week-end with Mr. and Mrs. W. L. Hill Jr. in Lynchburg, Va.

Roy Ligon, of Lynchburg, spent the week-end at his home. The Y. W. A.'s of Stone, Va. church met in the home of Mrs. E. J. G. of Christiansburg, spent the week-end with Mr. and Mrs. W. L. Hill Jr. in Lynchburg, Va.

Agnes Glover was a business visitor in Appomattox Saturday. J. A. Webb is better at this writing.

Mrs. Wilson Hix and children, Ruth and Tom, are spending some time in Richmond with her brother. P. H. McPhillips, E. P. Sears and sons and Clarence Webb were in Farmville with tobacco yesterday.

OAKVILLE HOME DEMONSTRATION CLUB The Oakville home demonstration club met with Mrs. C. D. Lewis on February 16 for an all-day meeting. The business session was held in the afternoon. Refreshments and socials were the subject of the demonstration given by Miss Ella Smith.

Mrs. W. E. Marshall, of Appomattox, spent the week-end at her home. The regular meeting date was changed from the third Friday to the third Monday in the month.

Reporter, Pauline Phelps. OAKVILLE SENIOR 4-H CLUB The Oakville Senior 4-H Club met Tuesday, February 15 at 9:30 A. M. The recommendations of the goal, finance and camp committees of the 4-H club council were read to the club. Each officer was given a copy for their scrap book. Miss Ella Smith, home again, discussed with the girls "How to make dish washing easier."

Catharine Does gave a report on this subject. Miss Vivian Clarke served a buffet table in Valentine note. Reporter, Helen Martin. Duke nosed out Washington and Lee 28 to 27 in conference basketball game Saturday.

Hixburg Items

Hixburg, Feb. 20. The new bridge over the Appomattox river has been finished and at last traffic is in full swing again.

H. M. Marshall and family visited Miss Jane Marshall and Mrs. E. W. Gilliam Friday morning. They called by J. R. Marshall's also.

Rev. and Mrs. W. M. Black called on Mrs. Wilson Hix and Mrs. J. T. Hix Tuesday afternoon.

Charles Perkins, of Richmond, spent the week-end with his mother, Mrs. H. C. Wheeler. They were business visitors in Pamplin Saturday afternoon, and Mrs. Wheeler called to see Mrs. J. F. Hix, who has been sick for several days.

Ed McPhillips is out again after a spell of sickness. Mrs. McPhillips is slowly improving after an attack of flu.

Mrs. J. R. Marshall visited Mrs. Wilson Hix, 404 Mac Hix, Mrs. M. Marshall and Mrs. J. F. Hix Thursday afternoon.

Mrs. C. B. Carson and son spent the afternoon with Mrs. H. M. Marshall and son.

Farmers are busy trying to finish marketing their tobacco. Rev. S. G. Harwood, of Victoria, recently visited his sisters here.

Mrs. E. P. Sears and son, Gustav, visited in the home of H. M. Marshall Sunday. Mrs. Sears, Mrs. Marshall and Gustav called on Mrs. Wilson Hix Sunday morning.

Mrs. J. K. Marshall, of Appomattox, spent the week-end in the home of Mrs. Pearl Marshall.

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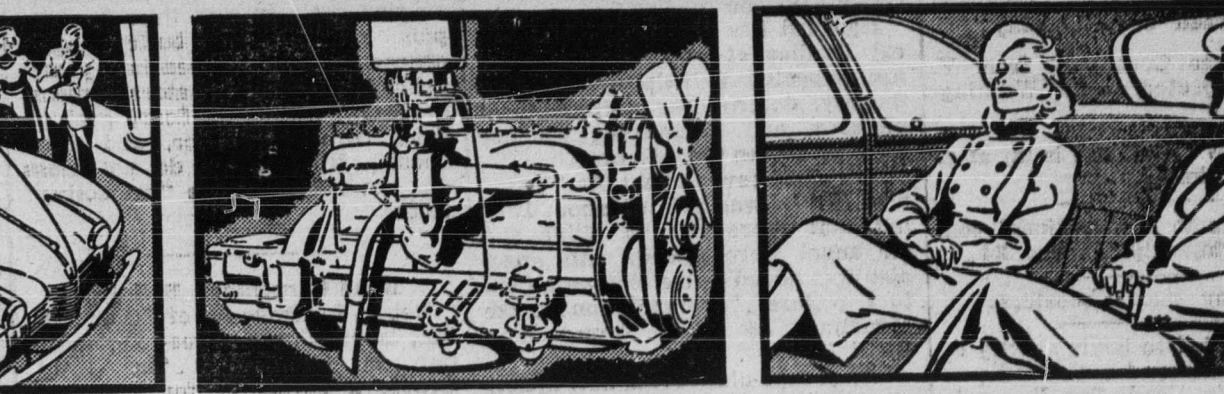
Thirteen Puffs on a Cigarette

"Look at all the newspaper advertisements, the color pages in the magazines, the billboards—and listen to the radio program! You and I have pay for all that when we buy advertised cigarettes!" Thus certain factions—some well-meaning but misinformed; others with selfish or un-American motives—harass American business methods. Business does not deny that the cost of advertising is figured into the price of its products. But, for example, advertising sells many packages of cigarettes instead of a few. Hence manufacturers produce cigarettes in vast quantities and at less cost per pack. These savings, passed on in lower prices, actually make advertising cost us nothing. The actual cost of advertising is a trifle. For example, the cost of advertising a package of popular cigarettes is equal only to the price of half of one cigarette, or, about thirteen deep draws on the cigarette! It requires the value of 10 cigarettes to pay the taxes, leaving the remainder of the price for raw materials, labor and profit. If cigarettes were not advertised, they not only would cost much more—but, you and I would be unable to get our favorite brands except at a few stores in the largest cities. The American Way of Living requires the service of advertising, quantity sales and modern, large-scale manufacturing.

UPHOLD AMERICAN STANDARDS BUY ADVERTISED BRANDS

Believe British embargo on U.S. tobacco will soon be lifted. Russia looks for boom in trade with Germany. French sending guns to Finland.

GIVES MORE PER DOLLAR!



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MORE PERFORMANCE! With a bigger, more powerful Oldsmobile engine in the Olds Sixty, you get finer performance—from getaway to cruising speed. There's smoother action, too, in the Olds Seventy and Custom 8 Cruisers!

MORE COMFORT! Oldsmobile's "all-coil-spring" chassis, combined with wide, roomy body by Fisher, brings you today's last word in riding ease—either in the driver's seat or rear compartment. Olds is tops in comfort!

COSTS LESS PER MILE!

LESS TO BUY! Considering its size, power and quality, Olds costs you less because it gives you more—and at that, Oldsmobile really gives you more down in the low-price field. Buy a big, new Olds and you save money!

LESS FOR GAS! Six or Eight, Oldsmobile's precision-built, pressure-lubricated engines are marvels in economy. Records show that all Olds models for 1940 save more on gas than ever—cost less to run per mile!

LESS FOR UPKEEP! Oldsmobile's quality standards in materials and workmanship are reflected in low bills and minimum repair and replacement expenses. Come in and see how you get more and save more with Olds!

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